

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

APRIL 2019

Vol. IX Issue IV

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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National Public Health Week 2019

The Cincinnati Health Department is celebrating National Public Health Week (NPHW) from April 1-7. This year's theme is "Changing Our Future Together," which will celebrate the power of prevention, advocate for healthy practices, share strategies for successful partnerships and champion the role of a strong public health system.

Celebrated officially during the first full week of April, National Public Health Week (NPHW) is a national campaign organized by the American Public Health Association (APHA). The campaign recognizes the contributions of public health, honors the contributions of public health workers, and highlight issues that are important to improving our nation's health.

The role of public health is to ensure everyone has a chance at a long and healthy life. That means tackling the underlying causes of poor health and disease risk. Those causes are rooted in how and where we live, learn, work and play. That's why, during National Public Health Week 2019, Generation Public Health, is rallying around **a goal of making the U.S. the Healthiest Nation in One Generation — by 2030.**

For over 20 years, APHA has served as the organizer of NPHW and is responsible for creating a national campaign to educate the public, policymakers and practitioners about issues related to each year's theme. These themes, which focus on a different health topic that's critical to creating the healthiest nation, help to raise awareness about public health and prevention.

This year the daily themes for the week include:

Monday: Healthy Communities
Tuesday: Violence Prevention
Wednesday: Rural Health
Thursday: Technology and Public Health
Friday: Climate Change
Saturday and Sunday: Global Health

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

The Cincinnati Health Department has developed partnerships across public and private sectors to ensure decisions are made with people's health in mind. During NPHW and daily, we celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships, and champion the role of a strong public health system. We firmly believe that together, we can build healthier communities and eventually, the healthiest nation.



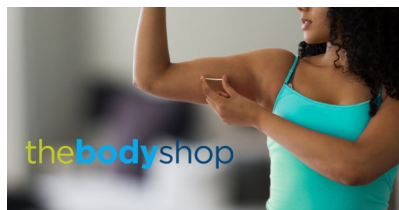
It is an exciting time for us as we continue to work toward accreditation from the Public Health Accreditation Board (PHAB). I appreciate the extra effort each one of you is making to help us get through the accreditation process. In the end, it is my hope the excellent work each of us is doing will be recognized with acceptance as an accredited health department.

At the end of March, CHD received notification from PHAB that we are required to submit an action plan on 12 measures before being awarded accreditation status. The next steps are to assemble the CHD PHAB Core Team to review the measures and identify the objectives we need to meet and the documentation that needs to be submitted. We will be working through the end of May to submit an action plan to address those standards, and a final action plan will be due to PHAB by the end of June.

Through this process we are working to improve and protect the health of the public by advancing the quality and performance of our health department. During this time, we've been able to identify our strengths and weaknesses and build upon them in order for us to provide the best health care services to our patients and their families.

One of the ways we can ensure we are providing the best services is through our involvement in the Cincinnati Community Health Improvement Plan (CHIP). CHD staff did a wonderful job of leading a community meeting on March 19th, 2019 to kick-off the Cincinnati CHIP process. Over 50 participants, from multiple community organizations and sectors, came together to partake in this process. At the meeting, Cincinnati health data was presented and preliminary focus areas were discussed. The next meeting for the CHIP process will be held Monday, May 6th. Participants will finalize the focus areas and begin to form action teams to develop strategies in each focus area.

We are excited to see what is accomplished through the Cincinnati CHIP. Thank you to all those that helped plan this kick-off effort and to all of the community partners and Board of Health members that continue to support and participate in this cause. As we move forward, I hope we continue to develop, revise and improve the quality of broad services that we provide at a level of excellence only befitting of a nationally accredited public health entity.



The Body Shop at CHD

The Reproductive Health and Wellness Program (RWHP) or the body shop, is a five-year grant awarded by the Ohio Department of Health to the CHD and is funded by the federal Title X program. The program provides access to contraceptives and reproductive health services to the men, women and teens of Hamilton County, especially to the most underserved populations, so as to reduce the number of unplanned pregnancies, unwanted pregnancies, and ultimately, the number of poor pregnancy outcomes. In addition, the program works to cultivate a culture of responsibility, well-being, and empowerment in regards to sexuality and reproductive health.

To schedule an appointment call **513-357-7320**. For questions call our hotline at **513-357-7341**.

Events & Shout Outs!

CHD Welcomes March New Hires

- ⇒ Ronald Robinson - Division Manager, Finance/TRD (Not pictured)
- ⇒ Curtis Williams - Optician, School & Adolescent Health
- ⇒ Dana Harris - Optician, School & Adolescent Health
- ⇒ Aishia Peoples - Medical Assistant, CCPC
- ⇒ Aquashia Peterson - Breastfeeding Peer Helper, WIC Program
- ⇒ Danielle Ross - Breastfeeding Peer Counselor, WIC Program
- ⇒ Shane Satterfield - Health Counselor, Community Health



Williams



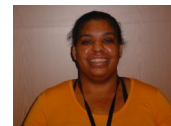
Harris



Peoples



Peterson



Ross



Satterfield

CHD Salutes Karen Flowers, Secretary - TRD/Fiscal, on her retirement after 30 Years of employment. Congratulations and best wishes to Ms. Flowers.

The next Cincinnati CHIP Meeting will take place on Monday, May 6, 9:00 a.m. —Noon at the Health Collaborative, located at 615 Elsinore Place.

SAFE PLACES CINCY
Struggling with addiction? Your connection to recovery starts by calling 513.357.7320.



April 2019 is National Minority Health Month, and for the observance this year, the Cincinnati Health Department will team up with Health & Human Services Office of Minority Health (OMH) in raising awareness about the important role an active lifestyle plays in keeping us healthy.

Minority Health Month was created to be a 30-day, high visibility, health promotion and disease prevention campaign. Conducted with and by community based agencies and organizations, this celebration reaches into urban, suburban and rural areas of the state. It's a National observance every year in April to highlight the health disparities that persist among racial and ethnic minority populations and the ways in which legislation, policies and programs can help advance health equity.

The theme for the 2019 observance is Active & Healthy, which will allow OMH and minority health advocates throughout the nation to emphasize the health benefits of incorporating even small amounts of moderate-to-vigorous physical activity into our schedules. Physical activity is one of the best things people can do to improve their health. Yet, too few Americans get the recommended amount of physical activity. Only 1 in 4 adults and 1 in 5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities. These numbers are even lower among adults in some racial and ethnic minority populations.

Physical activity promotes health and reduces the risk of chronic diseases and other conditions that are often more common and more severe among racial and ethnic minority groups. Physical activity also fosters normal growth and development in children, improves mental health, and can make people feel better, function better, and sleep better.

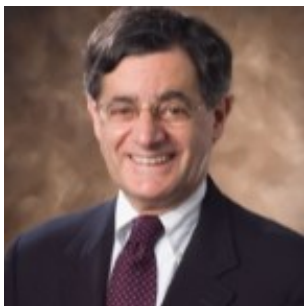


An active and healthy lifestyle can help reduce the risk of high blood pressure, type 2 diabetes and other chronic diseases. According to the 2nd edition of the Physical Activity Guidelines for Americans released last year, adults need at least 150-300 minutes of moderate-to-vigorous physical activity each week with muscle-strengthening activities two or more days a week.

Preschool-aged children should do physical activity every day throughout the day for healthy growth and development. Children and adolescents starting at age 6 should participate in at least 60 minutes of moderate-to-vigorous intensity physical activity daily. Remember that children imitate adults. You can start by adding physical activity to your own daily routine

and encouraging your child to join you.

A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

I'm pleased to welcome Domonic Hopson as our new Assistant Health Commissioner and CEO of Primary Care beginning the end of this month. Domonic is a highly experienced and results-oriented leader with a background in leading division level operations and delivering process improvements. He has a broad range of supervision, clinical, and administrative experience for the U.S. Department of Veterans Affairs, well versed in implementing policies, programs, and cost-effective solutions.

He is joining us from Nashville, Tennessee where he was managing business and ambulatory care operations for a network of 5 Healthcare systems serving more than 130,000 patients. He has a Master of Public Health and a Bachelor of Science in Kinesiology from the University of Southern Mississippi. We look forward to the contribution of his leadership toward continuing improvement of the Cincinnati Health Department's performance and services protecting the health of the public.



Learn the facts, Be lead safe!

Exposure to lead can cause behavior problems and learning disabilities in young children and can also affect the health of adults. Lead can be found in some water pipes inside the home or pipes that connect homes to the main water supply pipe. Lead found in tap water usually comes from the decay of old lead-based pipes, fixtures or from lead solder that connects drinking water pipes.

The only way to know whether your tap water contains lead is to have it tested. You cannot see, taste or smell lead in drinking water. Before using any tap water for drinking or cooking, flush your water system by running the kitchen tap (or any other tap you take drinking or cooking water from) on **COLD** for 1-2 minutes. In all situations, drink or cook only with water that comes out of the tap cold. Water that comes out of the tap warm or hot can contain much higher levels of lead. Boiling this water will NOT reduce the amount of lead in your water.

Learn how to ensure safe drinking water quality in your home or child care program. Voluntary lead testing is **FREE** for Greater Cincinnati Water Works (GCWW) customers. Your results will be reviewed with you by one of GCWW's representatives.

Help promote lead-safe communities for our children. Get your free water test kit and learn how to: *Be Lead Safe With Your Drinking Water Today!*

For more information on lead go to: Lead.myGCWW.org

To obtain your free lead sampling kit, contact:

Kathleen Frey at Kathleen.Frey@gcww.cincinnati-oh.gov or 513-591-5068, Jim Nelson at James.Nelson@gcww.cincinnati-oh.gov

Understanding Health Equity and Health Disparities at a Glance

The United States has become increasingly diverse in the last century. According to the 2010 U.S. Census, approximately 36 percent of the population belongs to a racial or ethnic minority group. Though health indicators such as life expectancy and infant mortality have improved for most Americans, some minorities experience a disproportionate burden of preventable disease, death, and disability

compared with non-minorities. Reducing and eliminating health disparities is fundamental to reaching health equity and building a healthier nation.

What is Health Equity?

Health equity is when everyone has the opportunity to be as healthy as possible.

What Are Health Disparities?

Health disparities are differences in health outcomes and their causes among groups of people. For example, African American children are more likely to die from asthma compared to non-Hispanic White children. Reducing health disparities creates better health for all Americans.

Why is Health Equity Important?

Health is central to human happiness and well-being and is affected by where people live, learn, work, and play.

During National Minority Health Month and throughout the year, CHD joins with its partners in raising public awareness about health and health care disparities that continue to affect racial and ethnic minorities and efforts to advance health equity. Despite our country's progress towards ending health disparities, racial and ethnic minorities continue to face significant health disparities.



Greater Cincinnati Water Works (GCWW) and the Cincinnati Fire Department (CFD) would like to remind citizens that this is the time of year for the Annual Spring Service – a time when all 12,000+ fire hydrants within the City of Cincinnati are checked and serviced by “flowing” pressurized water through the network of pipes.

What does this mean for citizens?

Safety: It is in the best interest of public safety that the hydrants be checked and verified to be in proper working condition. This ensures the hydrant is functioning properly and available for service in the event of an emergency.

Potentially “discolored” water: The servicing process may temporarily discolor the water and make it look red or brown. GCWW & CFD acknowledge that citizens may be particularly sensitive to this condition.

Patience please: CFD always attempts to flush the water until it is clear. However, if water appears discolored, it is recommended to also flush home plumbing/pipes by running the water from the tap for a few minutes until it becomes clear again. If the water remains discolored for longer than a few hours, please notify GCWW Customer Service at (513) 591-7700.

Awareness: Servicing of the hydrants takes place seven (7) days a week. Please watch for CFD vehicles on streets and move cars if possible.

This process of servicing hydrants takes approximately one month. There is no set schedule. The goal is to complete the entire process in the month of April, but it is also dependent on weather and accessibility.

Since these activities routinely occur region-wide, GCWW & CFD are also contacting other fire departments in the area for expanded awareness.



Combating ‘Intextication’ - A Message from Tom Wiedemann, President & CEO, AAA Club Alliance Inc., AAA Allied Group

April is National Distracted Driving Awareness Month and an opportune time for a more public conversation about the pervasive problem of distracted driving.

We know that our members care about this issue, and our AAA club is launching a far-reaching safety campaign to advocate for you as a driver and passenger. Our campaign targets drivers who would never consider getting behind the wheel after drinking a beer or any other alcoholic beverage and, yet, will regularly use mobile devices while driving that dangerously take their eyes and minds off the road.

The campaign “Don’t Drive Intoxicated—Don’t Drive Intexticated” was created with the goal of making distracted driving socially unacceptable—just as socially unacceptable as drinking and driving. And why not? The two are comparably dangerous and deadly.

AAA’s sobering “intexticated” message makes clear that the consequences of both alcohol-impaired driving and texting while driving are often the same: deaths and injuries among drivers, passengers and pedestrians.

Every day, distracted driving kills an average of 9 people and injures 1,000, according to the National Highway Traffic Safety Administration. It is the third-leading driver-related cause of crash fatalities, only surpassed by speeding and driving under the influence.

Research by the AAA Foundation for Traffic Safety reveals that even though 97 percent of drivers say texting/emailing while driving is a serious or very serious threat to their safety, 45 percent admit to having read a text or email while driving—and 35 percent admit to having typed one—in the past month.

Decades of public education efforts against alcohol-impaired driving and related efforts have helped reduce by half the number of alcohol-impaired crash fatalities since the 1980s, according to the National Institutes of Health. Similarly, we can make a difference with texting and emailing behind the wheel, too.

In the coming months, you will see and hear AAA in social and traditional media sharing messages and telling stories about the dangers of distracted driving, including texting and emailing while driving. It’s critical that we all be responsible drivers and passengers who understand the importance of not driving “intexticated”—or distracted in any way—so that we can all be safer together on the road.

CHD Honors Michelle Daniels, April 2019 Employee of the Month

This month we celebrate Michelle Daniels (MSN, RN), as April's Employee of the Month! Congratulations!! Mrs. Daniels has been an employee of the Cincinnati Health Department for 21 years. She is currently the clinical manager/ nursing supervisor for the City of Cincinnati Primary Care Center's Millvale at Hopple Street Health Center. In this role she is responsible for supervising clinical staff and working directly with our providers, and overseeing the day-to-day operations of the health center. Mrs. Daniels has been serving in this role for a year and a half, and she has been continually working to promote the services offered and develop partnerships with other community agencies for better health access and care to residents.

During her tenure with CHD, Mrs. Daniels has worked within various programs including Home Care, Children with Medical Handicaps, Immunization Action Plan (IAP), School Health, and Quality Management.

Ms. Phyllis Richardson, Health Program Manager and COO, described Mrs. Daniels as a "hard working manager, who believes in team work and encourages her staff to perform as a team." Together, her staff have worked on a project called Thrive by Five, a model through Cincinnati Children's Hospital Medical Center that is designed to deliver high quality care to patients. Her team worked on improving immunization rates in 0-24 month old patients. They also created newborn welcome bags to give moms with the goal of helping the mothers to be compliant with follow up visits and immunizations.

Mrs. Daniels has become known for her keen ability to build collaboration and consensus amongst her team members for best outcomes. She's demonstrated exemplary skill in bringing all staff together to work seamlessly with everything from registration to collaborating with the providers, and this is what contributed to the success of the Thrive by Five project.

"Each manager has their own individual strengths, which is great. I believe Michelle's strength is the ability to pull staff together to works as a collective unit," explained Ms. Richardson. "It's imperative that we all work together, especially in a clinical environment, in order to succeed in every phase of the care delivery system. "She serves a critical role in ensuring that all the pieces are pulled together wholly and completely," emphasized Ms. Richardson.

Mrs. Daniels is also recognized for her superior communication skills which are important assets as a manager. "Michelle always motivates her team and understands the importance and positive impact of listening to staff feedback," expressed Ms. Richardson.

Under Mrs. Daniels leadership, the Millvale team won awards for the Centers for Disease Control and Prevention Sentinel Influenza program. During the monthly Board of Health meeting in December, the Millvale team was recognized for their hard work on the project.

Ms. Richardson said that the quote that best describes Mrs. Daniels is "Tend to the people, and they will tend to the business," by John Maxwell.

Congratulations Michelle Daniels! CHD is proud of you!



Do you follow CHD on social media?

If not, be sure to like and follow:



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 Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
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 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>